

## **BASIC COMPETITION RULES or “What mistakes will get a swimmer disqualified (DQ’d)”**

In any event, a swimmer will be DQ’d if the swimmer...

- Touches the bottom of the pool during the race
- Pulls on the lane line (touching the line is okay if unintentional)
- Fails to swim the correct stroke
- Does not complete the race
- Leaves the start prematurely (false-start) There is no 2nd chance.

Butterfly—a swimmer will be DQ’d if...

- The arms do not go around at the same time
- The feet do not stay together and kick at the same time
- The swimmer fails to touch the walls with both hands, simultaneously

Backstroke—a swimmer will be DQ’d if...

- The swimmer turns onto his/her stomach, except during the turn
- The swimmer takes more than one stroke while on the stomach at the turn
- The swimmer glides while on the stomach into the turn

Breaststroke—a swimmer will be DQ’d if...

- The swimmer takes more than one underwater pull
- The arms fail to be symmetrical or out of breaststroke form
- The swimmer does any kick other than the symmetrical breaststroke kick
- The swimmer fails to touch the walls with both hands, simultaneously

Freestyle—a swimmer will be DQ’d if...

- The swimmer fails to touch the walls on the turns

Individual Medley—a swimmer will be DQ’d if...

- The swimmer fails to swim the strokes in the correct order
- The swimmer does a flip turn from the back to breast transition